



PSYCHOLOGICAL DISTRESS AMONG STAFF NURSES WORKING IN NIGHT SHIFTS

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ABSTRACT

Nurses experience mental and psychological concerns and sleep related issues due to working in the nights shift. Nurses who could not adjust with shift work experienced fatigue, poor sleep quality and dangerous drives to home and family were seen. The night duty has probably positive and negative impact on a nurse's physical and mental life. **OBJECTIVE:** To gain an understanding of the experiences of psychological distress among registered nurses working in the night shift, the impact on life outside of work, and ways of coping with home, family, and social stressors. **METHOD:** The inception work out starts with the qualitative research review literature. The qualitative studies are worthy or appropriate to analyze the presence and level of fatigue in nurses and the influence the nurses psychological distress due to shift work. A literature review was completed in which search done from Pub-med, EBSCO, DELNET, by using key words such as Psychological distress, Staff Nurse, Night Shift duty, Qualitative Research. The preferred period was from 2000-2016 in which around 30 published articles investigating the experiences of staff nurses those are working in night shifts. From these articles, 10 articles are selected which are included in the narrative review.. **RESULT:** Knowledge about the staff nurse's family and social life outside of the workplace contributed by this review. Night shift does acquire negative health implications on nurses ranging from sleep deprivation, fatigue, back pain among others. **CONCLUSION:** Further recommendations, coping strategies, and adjustments to working situations in the night shift pinpointed by this review, that would aid in further testing. The main findings centered around sleep related concerns and issues.

KEYWORDS: Psychological distress, Staff Nurse, Night Shift duty, Qualitative Research.

1. INTRODUCTION:

Nurses deal with emotional situations that involves stress, anxiety, joy, expectation, anger, new life and death. Nurses job, subject them to environment hazards. Besides, the nurses have to communicate with different relationships like physicians, patients, families and peer groups. This also takes them to strain. Rotations in the working time effects the nurses physical, mental as well as psychological health, Nursing is one of the profession continuously rotation duties are there. In nursing society night working has been always one of the basic concerning issue. Even experienced nurses are also faced with all this problems. Nurses as health care providers are compel to work during the day and during the night for the care of needy and sick people. Nurses who work at night have been studied to identify how the night shift environment affects their physiological, social and professional wellbeing.

1.1 Need for assessing the psychological distress of nurses due to working in night shifts

The need of this review is to describe the registered nurses' experiences with the aim of gaining information during night shifts that would enhance the nurses working environment.

Increased retention of registered nurses working in night shifts, that information may provide awareness to the shift work nurses.

Elisabeth flo et al., 2012 results indicated that nurses are always go along with shift working and they have to work night duty in some phases of their professional life. Hence, the study aimed to define the nurses' view and feelings regarding working in night shifts.

Boggliid and Knutsson et al., 2009 further reported that night shift workers are especially at risk when considering cardiovascular disease Risk for developing cardiovascular disease can increase by 40% for permanent night shift workers. Study reported that this increase in risk is the same for both men and women.

1.2 Aim: The aim of the review is to focus on the perceptions and relate experiences of nurses who participated in night shift duties.

2. METHODOLOGY

2.1 Search strategy method:

An electronic search of 30 published articles in the PUBMED, DELNET and EBSCO. Most of the studies selected for this review are qualitative studies. Search was restricted to English language only. In total 30 articles, no articles were record after duplicates, then total 30 articles are screened. After screening of total 30 articles, 5 articles (full-text) are excluded because these articles are not relevant to objectives of the study review. Then 25 full-text articles are assessed for eligibility. In 25 articles, 15 full-text articles are excluded with reason. Then ten full-text articles or studies are included because these are related to qualitative review. The eligibility criteria for the selection of articles of this review are the studies in which the participants are the staff nurses of the general wards hav-

ing psychological distress due working in night shifts.

2.1.1 Types of studies:

Qualitative studies with : Interpretive phenomenological, descriptive exploratory, phenomenological design, cross-sectional design are included.

2.1.2 Type of participants:

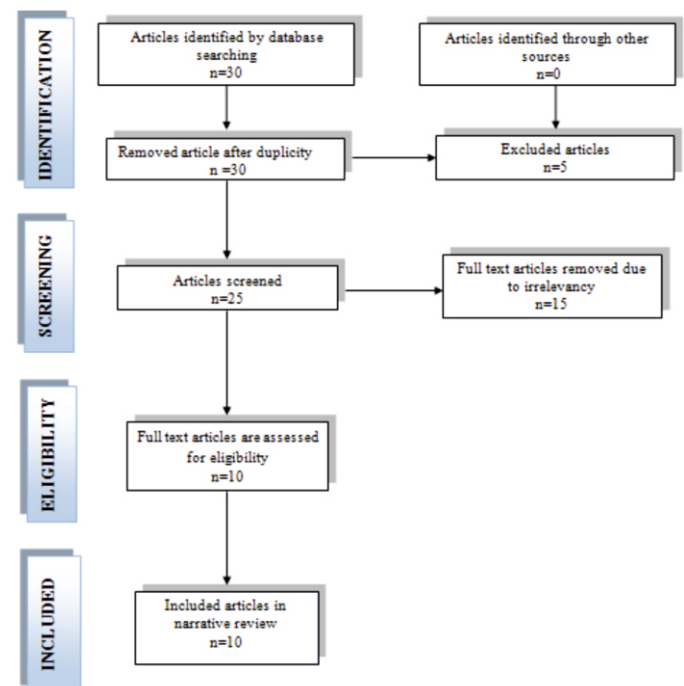
Staff nurses, and student nurses.

2.1.3 Settings:

Hospital, Academic institutions

3. RESULTS

3.1 PRISMA CHART



3.2 Table no. 1: Data extraction table

SR. No	Problem statement/ Author	Place of research & year	Variables	Tool	Time duration	Outcomes	Conclusion
1)	A qualitative study on Registered nurses experience working in night shifts in an acute Care setting: A Phenomenological study Valerie Valdez Anderson et al,2010	Study was conducted in Bozeman, Montana March, 2010	Experience of night shift registered nurses.	Structured interviews.	Interviews will last approximately 30-90 minutes.	Inadequate resources, on the night shift, was also identified as a barrier to nurse satisfaction, and negatively effecting the provision of quality nursing care.	The loss of experienced nurses on the night shift affects many areas. These areas include disturbance of the work environment of nurses remaining on the night shift, costs to hospitals, and patient care outcomes.
2)	Novice Nurses' Perception of Working Night Shifts: A Qualitative Study Mohsen Faseleh Jahromiet al, 2013	The study was conducted in two university hospitals of Jahrom, Iran Sep 2013	Perception of working night shifts	Focus group interviews	The focus group interviews lasted for 40-80 min with the mean of 60 min.	The resultss of qualitative studies , by changing the working and environmental conditions, the point of view about night working may change.	Women's night working in hospitals is not quite adopted in family-oriented societies.
3)	Perceptions and Experiences of Nightshift Nurses Gordon Dandeebo, 2015	The study was conducted in The West Regional Hospital in the Upper West Region of Ghana, April 2015	Perceptions and Experiences of night shift nurses	Unstructured interview	Interviews will last approximately 30-60 minutes.	The findings that indeed, nightshift does possess negative health implications on nurses starting from sleep deprivation, fatigue, back pain among others.	Reduced work performance as a result of work environment. Decreased work performance was found to occur in nurses that did not obtain minimum sleep.
4)	The impact of adverse work schedules on nurses' fatigue Mo, Man-yuen, Jacky.; 2011	University of Hong Kong, Pokfulam, Hong Kong, August 2011	Impact of adverse work schedules	Structured interview	The interview was lasted for 40-50 minutes	. Poorer performance of nurses working under high work pressure and huge overload, in turn, threatens the patient safety and sacrifices the quality of health care.	As a result, demand for nurses in both private and public hospitals increased. Therefore , the private sector consumed most of the nursing manpower as shown by a more gentle growth of nursing manpower in the public sector , in the other hand the nurse recruitment and retention in public hospitals faces tough competition and drainage from the private sector
5)	Qualitative study on effects of working unsocial hours Suzanne Crew, 2006	Southmead hospital, North Bristol NHS Trust, june 2006	Effects of working unsocial hours	Semi structured interview	Interviews were held in participants' homes at suitable times and lasted at least 15 minutes.	The results of this study show that for some individuals there are very positive effects of working unsocial hours. Sleep loss is a major effect of shift work .	The minor effects that working unsocial hours can have on health include fatigue, lethargy, forgetfulness, impatience and nervousness, as well as higher levels of stress, loss of appetite, sleep deprivation, mood changes and depression and ill-temperedness are manifested because of tiredness and lack of sleep.
6)	Napping During Night Shift: Practices, Preferences, and Perceptions of Critical Care and Emergency Department Nurses Wendy M. Fallis,2011	University of Manitoba, 89 Curry Place, Winnipeg, Manitoba, April 2011	Practices, Preferences, and Perceptions of Critical Care and Emergency Department Nurses	Semi structured interview	60- to 90-minute audio-taped, interview with each participant	The findings of the study include :The participants' descriptions of their practices, preferences, and personal feelings of napping on breaks during night shift spoke to the complicate-dness of critical care.	The findings, based on the experiences of 13 nurses working in either an emergency department provide insight into some of the benefits of and problems related to napping on breaks during night shift.
7)	Young Registered Nurses' Intention to Leave the Profession and Professional Turnover in Early Career: A Qualitative Case Study MerviFlinkman et al, 2013	University of Turku, 20014 Turku, Finland, July 2013	Nurse's Intention	In depth interview	The lengths of the interviews varied from 113 minutes (longest first interview) to 25 minutes (shortest second interview).	The results reflect a shift toward insights into understanding professional turnover as a tangled and long-lasting process.	As seen in this inquiry, None of these nurses who shared their stories held nursing as a childhood dream; they reported their career choices as a "second career choice," or that they had "drifted" into nursing, rather than as a purposefully chosen profession.

8)	Exploring novice nurses' experiences regarding their work-related health: a qualitative study S.M. Ketelaar, 2014	The institutional repository of the University of Amsterdam, November 2014	Experiences of novice nurses	Semi-structured interview	The interview lasts for one hour i. e 60 minute	Novice nurses already experience work-related health problems early in their career. Novice nurses' needs for occupational health and , psychosocial support .	This study has provided knowledge on the novice nurses' needs regarding occupational health support. But also found that occupational health support should not only be given while on clinical placement or at work, but also during nursing education, in which attention was paid to the nursing students' own health and wellbeing
9)	Why Are Nurses Leaving: Qualitative Study Carol Isaac MacKusick et al, 2010	Nursing, Clayton State University, Morrow, GA. December 2010		Semi-structured interviews	The interview was lasted for 40-50 minutes	Study participants believed they had to leave clinical nursing practice;. Most participants felt a lack of support in the workplace at many levels, and these RNs were most troubled when the lack of support arose from their peers.	With increasing medical technology demands, increased keenness of patients, and the complex phenomena of the nursing shortage, retaining experienced nursing staff at the bedside is of maximum importance..
10)	The Effects of the Night Shift on Nursing Staff of an Inpatient Hospice Facility Carolyn Dopson Horton, 2015	Walden University, October 2015	Effects of the Night Shift	Semi structured interview	Night shift hospice nurses participated in 45-60 minute interviews.	Job dissatisfaction the night shift nurses have experienced. This study highlighted the difficulty of hospice nurses to use coping strategies during times of clash, job dissatisfaction, and unfavourable conditions relating to personal situations.	The experiences of the night shift nurses of an inpatient hospice facility were shattered. Management must understand the experiences of the night shift nursing staff and make every possible effort to safeguard confidence, job satisfaction, and current education.

RESULTS

The majority of the participants highlighted that women and particularly young girls have to be at home during the night time and considered their being out as a kind of resistance to individual, family and social values, even if they were in an authorized and formal workplace. One of the participants said: "Even if nothing happens to a person during the night shift, if she is touched by someone, it will always persist in her remembrance". Most of the study participants indicated that their families were against their daughters' or wives' for night shift. For example, one of the participant said: "My family believes that it is better for a young girl to be home at night rather than being at the workplace. They say that working in the morning and evening shift is OK, but I have to be home at night" (Mohsen fasaley jahromi et al.2013)

On mean, participants narrate themselves as frequent nappers, meaning they napped on all of their night shifts whenever circumstances, including staffing levels and the busyness of the unit, allowed for that. The participants' descriptions of their practices, desires, and perceptions of napping on breaks during night shift spoke to the , complicatedness ,dynamic nature, and fluctuations of the critical care environment and to the challenges of remaining keen-eyed during the night shift work period (wendy M. Fallis,2011)

4. DISCUSSION

This study adjoins information on the stress and strains of life outside of work. Some participants felt socially isolated and had to work at conserve family life and social relationships. They admit that personal ideals may be unreachable while working nights.

Sarah M. Ketelaar (2014) specify that novice nurses already experience work-related health problems early in their profession. Reported causes were physical work demands, objectionable contact with others, having to do a lot of work in a particular given time, accidents and injuries with biological material and otherwise being exposed to infectious and communicable diseases, working shifts, and making mistakes; causing health problems such as musculoskeletal problems, stress, strain and worrying, anxiety, fatigue, tiredness, sleeping problems.

Foroozan Atashzadeh Shoorideh, (2012) indicated that psychological problems not only influences nurses' job satisfaction, staying in the profession, mental and physical health, mental self-image and spirituality of nurses , but also affects their families and reduces the quality of treatments provided to their patients. Therefore, it is important for nurses to develop the required ability to positively cope with psychological distress and to solve problems.

In summary the findings shown that adverse work schedules increase nurses' fatigue and reduces nurses' safety. To maintain a stable workforce to cope with the increase health care demand, Both employers and nurses are required to work in control to improve the efficiency of services, the safety of nurses and patients, and the overall quality of care in hospitals..

5. CONCLUSION

The conclusion was that night duty can negatively influence personal/family life. Strong inference for self-care and in areas of family care exist. In spite sharing knowledge about the impact of night work with one's co-workers is important, the nurses in this study found that there was rarely time for this during work. It was found that , there is lack of any formal guidance and support as related to the problems expressed.

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